

Maryland helps hard working families and individuals increase the spending power of their household budget and build a better life.



Food Stamps

The Food Stamp program helps low-income people buy the food they need for good health. The program provides money that can be added to your household's own money to buy enough food for the month.

There are limits on the amount of monthly income a family can receive each month and how much a family may have in cash and valuables (like bank accounts and some vehicles). You may qualify for food stamps if you:

- Work full time and don't make enough money,
- Are unemployed or work part time,
- Receive Temporary Assistance for Needy Families (TANF) or other types of assistance payments,
- Are elderly or disabled and live on a small income,
- Are homeless.

For more information about the Food Stamp program, contact your local department of social services, call **1-800-332-6347 (TTY:1-800-925-4434)** or visit our website at www.dhr.state.md.us

FOOD STAMPS



Maryland's Human Services Agency



For Hard Working Families



Food Stamps



Maryland's Human Services Agency

**Maryland Department
of Human Resources**
311 West Saratoga Street
Baltimore, MD 21201

1-800-332-6347
TTY 410-767-7025

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HARD
WORKING
FAMILIES